

Fish Pie

As autumn gets into full swing, there is nothing more comforting than a piping hot fish pie with a creamy, rich sauce. It is perhaps not surprising that food historians think that fish pie came from the freezing cold North of Britain – specifically, Scotland! In the times that no-meat Fridays were strictly observed, people looked for inventive ways to cook fish and it's thought that it was then that Fish Pie first made an appearance.

Although fish pie is traditionally topped with mashed potatoes, you can use any potato topping. For something different, peel and slice 2 lbs. of Yukon Gold potatoes, place in salted water and cook for 8-10 minutes until tender, but not so that they break. Drain and rinse in cold water and leave to cool. Top the fish pie with the potatoes and drizzle with melted butter and extra cheese, if wanted. Serves 6-8.

Image and text Courtesy of the DBE Colorado 2021 Calendar

Ingredients

- 2 pounds potatoes, peeled and cut into even size pieces
- Warmed milk with butter to mash the potatoes – amounts to your personal taste
- Salt and pepper to taste
- 2 pounds firm white fish, salmon or a mix of fish and other seafood, such as scallops
- 2 cups of whole milk or enough to cover the fish while poaching
- 1 bay leaf
- 3 eggs, hard boiled and cut into quarters
- 4 Tablespoons butter
- 1 small onion or leek, finely chopped
- 6-8 ounces mushrooms, sliced
- 3 Tablespoons flour
- ¼ cup of white wine or sherry
- 1 teaspoon Dijon mustard
- 1 Tablespoon chopped parsley
- ¾ cup grated good Cheddar or Gruyere cheese, plus more for topping mashed potatoes, if wanted
- Salt and pepper to taste

Directions

1. Preheat the oven to 425° F.
2. Line a baking tray with foil and butter a 2½ quart oven-proof dish.
3. Boil the potatoes in salted water until tender. Drain and mash the potatoes with milk and butter until smooth. Season well and keep warm.
4. Place the fish in a pan with the bay leaf and cover with milk. Bring to the boil then turn down and simmer gently until fish is cooked. Remove the fish from the pan with a slotted spoon and place in the bottom of the buttered, oven-proof dish. If there is skin on the fish remove it. Gently break up the fish into chunks, remove the bay leaf and retain 2 cups of milk the fish was poached in. Top up with cold milk if necessary. Transfer to a pouring jug and keep it warm. Add the hard-boiled eggs to the fish.
5. Using a clean saucepan, melt the butter and gently fry the onion or leek until just soft.
6. Add the mushrooms and fry until the moisture is rendered and they are cooked
7. Sprinkle the flour over the onions and mushrooms and stir to combine, cooking gently for 1-2 minutes.
8. Slowly add the warm milk, stirring constantly until the sauce is formed.
9. Add the wine, mustard, parsley, seasoning and cheese and stir until the cheese has melted. Pour the sauce over the fish and eggs.
10. Pipe the potato onto the top of the fish and sauce or gently add spoonful's of mashed potato to the top and, using a fork, carefully spread the mashed potatoes over the top right to the edges of the dish. Make a wave pattern with a fork. Top the potato with a little grated cheese, if desired.
11. Place on the foil-lined baking tray and bake in the top of the oven until the sauce is bubbling and potato is golden brown, about 20-25 minutes. If the fish pie is bubbling but the potato isn't brown on top, pop it under a hot grill for a few minutes.
12. Serve with fresh or frozen garden peas.